

Basic Curry Recipe

Ingredients

- 2 tbsps peanut oil
- 1-2 onions, slivered
- Selection of whole spices
 - 2-3 cinnamon sticks (broken up), ~6 cloves, ~10 cardamom pods, coriander, cumin, fenugreek, bay leaf
- 2-4 cloves of garlic, fine dice or mashed
- 1-2 cm of ginger, fine dice
- (2-3 small hot peppers, fine dice)
- (Stalks from 1 bunch of cilantro, finely chopped)
- Selection of ground spices
 - 1 -2 tbsps cumin, coriander, and curry; 1 tsp turmeric, $\frac{1}{2}$ tsp cardamom, hot pepper flakes (amount depends on use of fresh peppers and desired heat level)
- ~600 g of meat – cubed (beef, lamb, boneless chicken thighs)
- Can of crushed tomatoes
- ~2 cups of vegetables (peas, diced zucchini, potatoes, etc.)
- Chopped cilantro leaves for garnish

Method

1. Stir fry slivered onions in peanut oil over medium heat for ~20 minutes, until soft and starting to brown.
2. Add whole spices and stir fry for a minute or two to bloom flavours.
3. Add garlic, ginger, and optional hot peppers and cilantro and stir fry for a minute or two.
4. Add ground spices and stir fry for a minute or two – may need to reduce heat level to prevent sticking.
5. Add cubed meat and stir fry for 2-3 minutes to brown and coat with seasonings. Add some salt.
6. Add tomato and stir in, ensuring to scrape bottom of pot.
7. Adjust heat and simmer for 20 minutes to cook meat, thicken and get flavourful.
8. Taste and adjust salt and heat (dried pepper flakes). Thin sauce with water, stock, etc. if needed.
9. Add vegetables and cook for a few minutes (longer for veg like potatoes).
10. Serve, garnished with cilantro leaves, with rice.

Notes

- Serves ~4. If making for more increase everything proportionally, but not the spices (e.g. double ingredients and $1 \frac{1}{2}$ times spices for 8).
- All or part of the spice heat can be added at the table with dried or diced hot peppers.
- This can be made with your choice of meat, vegetables and pulses (e.g. chickpeas).
- If using tender meat (e.g. chicken breasts or shrimp), they should be added later (after step 7).
- Yoghurt, coconut milk, or stock can be added in place of all or part of the tomatoes.